

# So, what's next?



## What's happens next after a 200-hour yoga teacher training? *By Sally Parkes*

Completing a 200-hour yoga teacher training programme is a huge achievement, and many new qualified teachers after their training hit the ground running. They just want to get out there and teach to get some experience under their belt. This is a great idea as applying what you have learnt as soon as possible is a fantastic way to learn your trade, and to solidify all the information you have taken on. Plus, you will learn even more from the people you are teaching – and the more people you teach, the more likely you are to receive guidance with regards to finding out what area of yoga teaching you want to specialise in.

So, for the first year or so of your yoga teaching career, I would advise avoiding rushing into another course, so you can allow the teachings from your 200hr training to sink in. And then if you think you may like to specialise in a particular area one day, then be observant. Observe what area of yoga you receive the best feedback on and observe what kind of people are coming to your classes.

If your classes are very mixed ability for example, you are clearly great at sequencing and teaching a multi-level class, so maybe look at courses that focus on the various ways to sequence. If you are getting more and more pre- and post-natal women coming to your general yoga class, then it's clear that you can adapt classes well for this demographic and have an affinity with them, so have a

think about doing a pregnancy yoga training sometime. If you are attracting people with limited mobility and/or health conditions, maybe look at yoga therapy so you can really tailor sessions for them so they get the most out of their practice.

Alternatively, you may find that your class members ask you for a specific class that you had not considered before. If you have a lot of parents in your classes for example, you may be asked to run a children's yoga class. This can be a great session to run as the timings are often at times which are otherwise empty for most yoga teachers, so it can be a great boost to your income.

If, after a year or so, you really feel that you just want to learn more about yoga in general, however, then joining a 300 hour or even 500 hour course may be the option for you. Be realistic though, as studying around running a yoga business can be challenging as can the financial side when you need to take time off for the contact hours, and even more so if you have to arrange childcare too. And if you feel it will not quite fit in with your life at present, then research all the awesome yoga workshops and short immersions that are out there right now, as this will give you more guidance towards your next step and a wonderful taste of your possible future.

Sally Parkes runs 200hr, advanced yoga and pregnancy yoga teacher trainings and workshops throughout the year ([sallyparkesyoga.com](http://sallyparkesyoga.com))